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ROYAL BURGH OF RUTHERGLEN



# ANNUAL REPORT

OF THE

MEDICAL OFFICER OF HEALTH

FOR THE YEAR

1972

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BY

NAIRN R. COWAN

B.Sc., M.D., Ph.D., D.P.H., D.I.H.



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Public Health Department,  
Rutherglen.

June, 1973

To the Provost, Magistrates and Councillors  
of the Royal Burgh of Rutherglen and to  
the Scottish Home and Health Department.

Ladies and Gentlemen,

I have the honour to submit the Annual  
Report on the health of the Royal Burgh of Rutherglen in  
accordance with Health and Welfare Services Circular No.  
2/1973.

I wish to express my sincere thanks to all members of the  
Town Council and in particular to the Convener and Mem-  
bers of the Health Committee for their constant support and  
interest; to other officials; and to the staff of the Public  
Health Department.

I am, Ladies and Gentlemen,

Your obedient Servant,

NAIRN R. COWAN,  
Medical Officer of Health.

**R E P O R T**  
of the  
**MEDICAL OFFICER OF HEALTH**  
for the Year 1972

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**VITAL STATISTICS**

Area of the Burgh ... ..	1,228 acres
Population estimated to middle of 1972 .. ..	24,396
Density of Population per acre ... ..	19.8

	Corrected Numbers	Rate per 1000 of estimated Population
Live Births (including Illegitimate)	314	13.4
Live Births (Illegitimate) ... ..	30	9.6 (a)
Still-Births ... ..	4	13 (b)

**Deaths—**

All Causes ... ..	328	14.2
Tuberculosis ... ..	1	0.04
Malignant Neoplasms ... ..	65	2.66
Bronchitis and Pneumonia ... ..	28	1.15
Road Transport Accidents ... ..	—	—
Home Accidents ... ..	8	0.33
Under 1 Year ... ..	5	16 (c)
Under 4 Weeks ... ..	4	13 (c)

(a) Rate per 100 live births.

(b) Rate per 1,000 total live births (including still-births).

(c) Rate per 1,000 live births.

**POPULATION**

The estimated population of 24,396 shows a decrease of 433 in relation to last year's figure.

**BIRTHS**

The number of births corrected for usual residence was 314, of which 158 were males and 156 were females.

**Illegitimacy.**—The number of illegitimate births in 1972 was 30, giving a rate of 9.6.

**Still-births.**—Still-births numbered 4, giving a still-birth rate of 13.

The still-birth rates for the past seven years were as follows:—

1965	1966	1967	1968	1969	1970	1971
12	9	19	31	14	20	17

The number of hospital births in the Rutherglen area by hospitals is as follows:—

Bellshill ... ..	119
Stobhill ... ..	2
Robroyston ... ..	1
St. Francis ... ..	14
Beckford Lodge ... ..	1
Calderbank ... ..	45
Redlands ... ..	—
Ross ... ..	10
Royal Maternity ... ..	45
Belvidere ... ..	12
Eastern District ... ..	9
Queen Mother ... ..	13
Hairmyres ... ..	14
Victoria ... ..	—
	<hr/>
	285
	<hr/>

## MARRIAGE RATE

236 marriages took place in the Burgh during the year, giving a rate of 9.7 per thousand of the population.

## INFANTILE MORTALITY

The infantile mortality rate was 16 and the rates for the previous five years were—

1967	1968	1969	1970	1971
18	27	22	18	20

The causes of death were:	Male	Female
Congenital Malformations ... ..	1	2
Birth Injuries ... ..	2	—
Other Causes of Perinatal Mortality ...	1	—
	<hr/>	<hr/>
	4	2
	<hr/>	<hr/>

## DEATHS

Deaths in 1972 numbered 328 of which 161 were male and 167 were females. The causes of deaths classified according to main systems were as follows:—

Diseases of circulatory system (including cerebrovascular disease) ... ..	185
Malignant tumours . . . . .	65
Diseases of respiratory system ... ..	34
Death from accidents ... ..	12
Diseases of the nervous system ... ..	8
Diseases of the digestive system ... ..	6
Diseases of the genito-urinary system ... ..	—

## MATERNAL DEATHS

There were no maternal deaths in the Burgh during 1972.

## CARE OF EXPECTANT AND NURSING MOTHERS AND CHILDREN UNDER SCHOOL AGE

The Clinics provided by the Local Authority and the work undertaken are as follows:—

### A.—Ante-Natal and Post-Natal Services.

The Local Authority provides one Clinic for Ante-Natal and one for Post-Natal care. The number of women who attended during the year for Ante-Natal examinations was 214 and for Post-Natal examinations 27. Of these numbers the new cases were 191 and 33 respectively and the number who were hospital cases was 314 and 35 respectively. The total number examined during the year at these Clinics was 1,572. The number of sessions held with hospital staff in attendance was 52 for Ante-Natal and 52 for Post-Natal assessment.

During the year 10 Maternity Outfits were issued free.

The Gynaecological Clinic of the Western Regional Hospital Board held 50 sessions during the year and examined 283 new cases with, in addition 419 repeat visits.

### B.—Child Welfare Clinics in Local Authority Premises.

The number of children who attended once or more often during the year by year of birth was:—

(a) Born in 1972 ... ..	295
(b) Born in 1971 ... ..	316
(c) Born in 1970 ... ..	383
(d) Born in 1967-1970 ... ..	495

The Medical Officer of Health and Health Visitors each held 130 clinic sessions.



The number of premises in use at the end of the year for sessions shown in Parts A and B above was one purpose built and one in church premises at Fernhill.

### C—Child Welfare.

(1) The number of children referred to the family doctor or for specialist treatment or advice as a result of a medical examination by year of birth was—

Born in 1972	... ..	17
Born in 1971	... ..	10
Born in 1970	... ..	12
Born in 1967–1970	... ..	22

(2) The number of children on “At Risk” register at end of year, and who were receiving special supervision was as follows:—

Born in 1972	... ..	2
Born in 1971	... ..	3
Born in 1970	... ..	2
Born in 1967–1970	... ..	7

### Immunisation and Vaccination.

Clinic sessions were held each week for the purpose of immunisation and vaccination.

### Early Ascertainment of Defects of Vision.

In terms of this aspect of early ascertainment no referrals were required during 1972.

### Welfare Foods.

The distribution of welfare foods for the year has been as follows—

National Dried Milk—Full Cream	... ..	1,746 tins
Half Cream	... ..	Nil

#### Issues from January—May

Orange Juice	... ..	5,062 bottles
Cod Liver Oil	... ..	Nil
Vitamin A, C, D	... ..	368 packets
CVD	... ..	1,174 bottles

Distribution continues and the public takes full advantage of the service provided.

**D—Dental Care.**

The numbers treated during the year are shown in the following table—

	No. inspected by Dental Officer during the year.	No. found to require treatment during the year.	No. accepting treatment during the year.	No. actually treated by Dental Officer during the year.
Expectant Mothers	Nil	Nil	3	3
Nursing Mothers	10	10	16	16
Pre-School Children	61	61	68	68

**CERVICAL CYTOLOGY**

The number of cervical smears carried out in 1971 were as follows:—

Age (years)	No.
Under 20 ... ..	3
20-29 ... ..	68
30-39 ... ..	100
40-49 ... ..	65
50-59 ... ..	36
60 and over .. ..	11
	<hr/> 283 <hr/>

**FAMILY PLANNING CLINIC**

The Family Planning Clinic gave advice during the year to 145 women.

**MIDWIFERY SERVICE****The Work of the Domiciliary Midwife**

1. The number of domiciliary confinements attended by midwives under National Health Service arrangements was 10 and 8 had a doctor booked.

The number of hospital (including private maternity home) booked cases where ante-natal care was carried out by the domiciliary midwife was nil.

The number of cases delivered in hospitals and other institutions but discharged and attended by domiciliary midwives was 39.

The number of midwives who made all, or nearly all, of their visits by car was four.

## 2. Premature births.

The number of premature births was 18 and all were born in hospital. One was a S.B.

Of the 18 premature births 3 were over 3lb. 4oz. up to and including 4lb. 6oz.; 8 were over 4lb. 6oz. up to and including 4lb. 15oz.; and 7 were over 4lb. 15 oz. up to and including 5lb. 8oz.

## HEALTH AND TUBERCULOSIS VISITING

### 1—Number of home visits and cases—

Visited by Health Visitors, i.e., Certificated Health Visitors and others doing health visiting work		(1) Number of cases	(2) Number of visits
1	Expectant Mothers ... ..	53	97
2	Children born in 1972 ... ..	279	1234
3	Children born in 1971 ... ..	149	551
4	Children born in 1967-1970 ... ..	679	1181
5	School children ... ..	—	—
6	(a) Persons aged 65 and over ...	498	589
	(b) Persons included above who were visited at the special request of a general practitioner or hospital ... ..	21	35
7	(a) Mental Health: care and after-care ... ..	—	—
	(b) Persons included above who were visited at the special request of a general practitioner or hospital ... ..	—	—
8	(a) Other hospital after-care ...	—	—
	(b) Persons included above who were visited at the special request of a general practitioner or hospital ... ..	—	—
9	Tuberculosis household ... ..	49	74
10	Other infectious diseases ... ..	43	48
11	Other ... ..	52	73
		<hr/> 1873	<hr/> 3882

2. The total attendances by Health and Tuberculosis visitors were 676 in local Health Authority Clinics and 214 in chest clinics.

The type of clinics were Ante-Natal, Post-Natal, Child Welfare, Immunisation, Geriatric and Gynæcological.

## HOME NURSING

Of 356 persons nursed during the year, 198 or 55.0 per cent were aged 65 or over at first visit in 1972 and three were aged under 5 years. The total number of visits was 7,936.

## DOMESTIC HELP

The number of part-time domestic helps employed at the end of the year was 102 and the number of households provided with home help was 264. These 264 households represented 224 aged 60 or over on first visit in 1972, and the remainder aged under 60 years was composed of 19 chronic sick, 6 maternity, 3 mentally disordered, and 15 others.

## VACCINATION AND IMMUNISATION

1—Number of persons primarily vaccinated against smallpox during the year:—

(a) Takes	...	...	...	...	...	...	...	...	...	103
(b) No Takes	...	...	...	...	...	...	...	...	...	—
(c) Not examined	...	...	...	...	...	...	...	...	...	—

2—Number of persons re-vaccinated against smallpox during the year:—

(a) Takes	...	...	...	...	...	...	...	...	...	—
(b) No Takes	...	...	...	...	...	...	...	...	...	—
(c) Not examined	...	...	...	...	...	...	...	...	...	—

3—Number who have completed a full course of primary vaccination or immunisation against:—

(a) Diphtheria	...	...	...	...	...	...	...	...	...	—
(b) Tetanus	...	...	...	...	...	...	...	...	...	—
(c) Pertussis	...	...	...	...	...	...	...	...	...	—
(d) Diphtheria and Pertussis	...	...	...	...	...	...	...	...	...	—
(e) Diphtheria and Tetanus	...	...	...	...	...	...	...	...	...	274
(f) Pertussis, Diphtheria and Tetanus	...	...	...	...	...	...	...	...	...	—

4—Number who received maintenance inoculations against:—

(a) Diphtheria	...	...	...	...	...	...	...	...	...	—
(b) Tetanus	...	...	...	...	...	...	...	...	...	—
(c) Pertussis	...	...	...	...	...	...	...	...	...	—
(d) Diphtheria and Pertussis	...	...	...	...	...	...	...	...	...	—
(e) Diphtheria and Tetanus	...	...	...	...	...	...	...	...	...	131
(f) Pertussis, Diphtheria and Tetanus	...	...	...	...	...	...	...	...	...	—

All means of publicity were employed to draw parents' attention to the need for vaccination and immunisation.

### **Poliomyelitis Vaccination.**

The scheme for vaccination against poliomyelitis continues in the Burgh of Rutherglen. Information concerning the programme is carried by the local press, and through general practitioners, and others. The number vaccinated was as follows:—

Children born in 1972	...	...	...	...	...	...	139
Children born in 1971	...	...	...	...	...	...	81
Children born in 1970	...	...	...	...	...	...	21
Children born in 1969	...	...	...	...	...	...	7
Children born in 1968	...	...	...	...	...	...	3
Children born in 1967	...	...	...	...	...	...	13
Children born in 1966	...	...	...	...	...	...	10
Children born in years pre-1966	...	...	...	...	...	...	10
Reinforcing doses	...	...	...	...	...	...	52

### **INFECTIOUS DISEASES**

There is an increase in the number of notified cases of infectious disease from 98 in 1971 to 112 this year.

### **CONTROL OF COMMUNICABLE DISEASES**

The arrangements for liaison with hospitals, laboratories and general practitioners in the surveillance and control of communicable disease are standard procedures.

TABLE I  
Monthly Incidence of Infectious Diseases, 1972

DISEASE	Jan.	Feb.	March	April	May	June	July	August	Sept.	Oct.	Nov.	Dec.
Cerebrospinal Fever	-	-	-	-	-	1	-	-	-	-	-	-
Dysentery	-	-	-	-	-	1	-	-	-	-	-	-
Malaria	-	-	-	-	-	-	-	-	-	-	-	-
Measles	1	9	18	47	5	19	-	2	-	-	-	-
Pneumonia	2	2	-	-	1	-	-	-	-	-	-	-
Whooping Cough	-	-	-	-	-	-	-	-	-	-	-	-
Scarlet Fever	-	-	-	-	-	3	-	-	-	-	-	-
Total	3	11	18	47	6	24	-	2	-	-	1	-



## TUBERCULOSIS TABLE 2

### Deaths from Respiratory Tuberculosis, 1896-1971

	Number of Deaths	Mortality Rate per 1000 of Population
1896—1900	145	2.02
1901—1905	116	1.39
1906—1910	132	1.15
1911—1915	114	0.89
1916—1920	111	0.81
1921—1925	89	0.72
1926—1930	110	0.72
1931—1935	85	0.66
1936—1940	89	0.53
1941—1945	85	0.72
1946—1950	92	0.73
1951—1955	39	0.30
1956—1960	20	0.16
1961—1965	9	0.07
1966	—	—
1967	1	0.04
1968	1	0.04
1969	1	0.04
1970	—	—
1971	—	—
1972	1	0.04

## TABLE 3

### Number of Cases Confirmed as Suffering from Tuberculosis, 1971

	AGE GROUPS									
Respiratory:	Under 1	1 and under 5	5 and under 15	15 and under 25	25 and under 35	35 and under 45	45 and under 55	55 and under 65	65 and upwards	Total
Males ...	—	—	—	—	—	4	—	1	—	5
Females	—	—	1	1	—	—	—	—	—	2
Total ...	—	—	1	1	—	4	—	1	—	7
<hr/>										
Non-Respiratory:										
Male ...	—	—	—	—	—	—	—	—	—	—
Females	—	—	—	—	—	—	—	1	—	1
Total ...	—	—	—	—	—	—	—	1	—	1

At the end of 1972 there were 242 persons on the tuberculosis register, and of that number 225 suffered from respiratory tuberculosis.

The distribution of new cases of tuberculosis over the various wards in the Burgh during the year 1972 is shown in Table 4.

TABLE 4

Wards	Respiratory Tuberculosis
Burnhill ... ..	1
Castle ... ..	—
Gallowflat ... ..	1
Stonelaw ... ..	—
Fernhill ... ..	—
	—
	2
	—

The number of respiratory cases resident in the Burgh who received treatment in sanatoria or other institutions during the year is shown in Table 5.

TABLE 5

	In Hospital on January 1	Admitted during the year	Discharged during the year	Died in Hospital	In Hospital on December 31
<b>Under 15 years</b>					
Male	—	—	—	—	—
Female	—	—	—	—	—
<b>15-44 years</b>					
Male	—	—	—	—	—
Female	—	—	—	—	—
<b>45 years and over</b>					
Male	—	—	—	—	—
Female	—	—	—	—	—
<b>Total</b>	—	—	—	—	—

### B.C.G.

Twenty-three male and 34 female babies were vaccinated at birth.



## CARE AND AFTER-CARE

Visitations by Health Visitors ... ..	54
Attendances at Dispensary ... ..	468

Health Visitors made 54 visits to the households of tuberculous patients.

The provision of equipment was not required by any of the cases.

The special housing list continues to provide for the housing needs of those suffering from tuberculosis.

### Chiropody Service

The chiropody service provided by the local authority for men and women over pensionable age continues to be fully used. Two chiropodists are now employed on a part-time basis equivalent to four working days each week. New cases and revisits accounted for approximately 2,500 visits in the year.

## LINKS WITH GENERAL MEDICAL SERVICES

At the present time plans are being made for a general practitioner health centre to serve Rutherglen. It is hoped that public health facilities will also be housed within this Centre and the appropriate professional workers will be attached to general medical practices. General medical practitioners do not participate in the actual clinical work of the public health service.

## THE CONSULTATIVE HEALTH CENTRE FOR OLDER PEOPLE

The work of this Centre for the old people in Rutherglen continues.

## PREVENTION OF HOME ACCIDENTS

The Rutherglen Home Safety Committee which was formed in October, 1958, continues to carry out valuable work in the community. The meetings of this Committee are held within the premises of the Public Health Department on the first Monday of every second month at 7.45 p.m.

## COMMUNITY CARE

An adequate nursing and social work service is provided in Rutherglen for the after-care of patients discharged from general, geriatric and mental hospitals. When the hospital staff informs this department of a discharge, routine domiciliary visit is made together with assessment of need and its implementation.

## RESEARCH

Research continues into certain factors which influence the ageing process.

## HEALTH EDUCATION

The methods employed in dealing with health education continue on the lines of previous years.

### Smoking and Lung Cancer

Relevant publicity material was circulated to interested organisations.

## SOCIAL WORK SERVICE

Arrangements have been made with the Social Work Department which secure a close liaison in dealing with the psycho-social problems of those in need, particularly unmarried mothers, illegitimate children, after-care of the sick and the handicapped, day care of children and the health of the aged.

17  
**FACTORIES ACTS, 1937 AND 1948**  
**INSPECTIONS**

Premises	Number on Register	Inspections	Number of Notices		Occupiers prosecuted
			Written	Verbal	
(i) Factories in which Sections 1, 2, 3, 4 and 6 are to be enforced by Local Authorities ... ..	13	13	—	4	—
(ii) Factories not included in (i) in which Section 7 is enforced by the Local Authority ... ..	115	115	—	39	—
(iii) Other Premises in which Section 7 is enforced by the Local Authority† (excluding out-workers' premises)	43	79	—	36	—
TOTAL ... ..	171	207	—	79	—

† i.e. Electric Stations [Section 103 (1) ], Institutions. (Section 104) and sites of Building Operations and Works of Engineering Construction (Section 107 and 108).

The following Table gives particulars regarding cases in which Defects were found:—

Particulars	Number of cases in which defects were found			By H.M. Inspector
	Found	Remedied	To H.M. Inspector	
Want of Cleanliness (S.1) ...	29	29	—	—
Overcrowding (S.2) ...	—	—	—	—
Unreasonable temperature (S.3) ...	—	1	—	1
Inadequate ventilation (S.4) ...	10	10	—	—
Ineffective drainage of floors (S.6) ...	3	3	—	—
Sanitary Conveniences (S.7)—				
(a) Insufficient ...	16	16	—	—
(b) Unsuitable or defective ...	10	10	—	—
(c) Not separate for sexes ...	—	—	—	—
Other offences against the Act (not including offences relating to Outwork) ...	—	—	—	—
<b>TOTAL</b> ...	<b>68</b>	<b>69</b>	<b>—</b>	<b>1</b>







